

Community

#SupportDG 

EDITION 23
Tuesday 23 June 2020



What's Inside

Leaders' message

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Where Am I?



Be Kind



Connect



Take Notice



Support



Give

www.dumgal.gov.uk/supportdg

Tel 030 33 33 3000

Dumfries & Galloway



Working to keep our citizens and communities safe



Wash Your Hands Regularly with Soap and Water for 20 Seconds



4,804

Meal boxes for vulnerable people shielding produced and delivered

4,945

#SupportDG emails handled

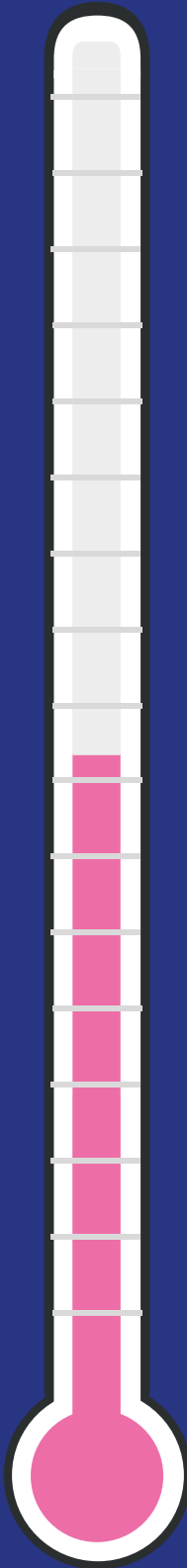


6.7M

Facebook reach

9.0M

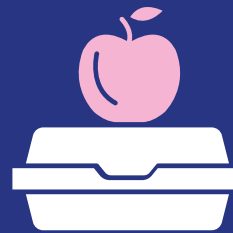
Twitter reach



3,618

Business grants awarded and paid out totalling

£37.9M



3,113

Free School Meals Direct Payments

316

Community groups and hubs assisting in COVID-19 response



2,657

Volunteers registered

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Communities responding to COVID-19

COLVEND Connected

ColvendConnect WhatsApp group have been working to make sure vulnerable and isolated residents are looked after during the pandemic. The group has also been building a network to cover not just Colvend, but surrounding coastline communities such as Portlino and Port O'Warren too.



Providing support over greater distances can be a challenge, but here's one example of what's possible: A person living five miles along the coast called to ask for help in collecting a prescription, and ColvendConnect were able to relay the message to someone already en route to the pharmacy. The caller subsequently joined the WhatsApp group, and has managed to secure fish, grocery, and milk deliveries. The note they posted online says it all: *"After three weeks of self-isolation, to again feel that one is not totally isolated is most welcome."*

ColvendConnect are especially grateful to Colvend Store, who've been encouraging people to phone for delivery, and all the other local businesses who've adapted by offering delivery, including butchers, fishmongers, general stores in Dalbeattie, Roan's Milk and the Clonyard for take-away meals.

Knowing there's a pool of volunteers to call on if help is needed is reassuring, both for residents and their relatives who don't live locally. Across the region, groups like ColvendConnect are showing how communities are coming together for the common weal.

Design for Life

Midsteeple Quarter is a Community Benefit Society, helping people in Dumfries shape a prosperous, compassionate and vibrant town centre for the future. The plan is to take ownership of a group of disused buildings on Dumfries High Street, which will then be refurbished, and stewarded for the local community, bringing life and bustle back to town.

Affordable enterprise space and shopping will be at street level, with good quality flats for rent above. The Oven in High Street was the first building to be granted community ownership through Midsteeple Quarter, when the Council agreed to a Community Asset Transfer two years ago. Since then, the property's been used for pop-up exhibitions, community and arts projects. While the building is currently closed, the Oven's Arts Programme has released two new online projects.

Press Play is an electronic music-makers space to share music ideas, works in progress, tips, tricks and advice. A collective and social group, Press Play will hopefully lead to future live music events.



The Oven Instagram Takeover allows a new visual artist to take over each week, posting their work, sharing ideas, and providing live stream Q&As, tutorials and workshops.

To find out more about cultural opportunities, follow @theovenarts. And, if you want to be part of designing a new future, why not become a Midsteeple Quarter member at midsteeplequarter.org/



Shaunie Raises The Roof!

Shaunie Craig, an S4 pupil from Lockerbie Academy has raised over £440 for Ecclefechan Day Centre.

Shaunie has kept herself busy during lockdown spreading cheer amongst the residents, staff and volunteers of Burnfoot Nursing Home and Ecclefechan Day Centre by offering both live and online performances of her singing and playing guitar.

Shaunie's mum, Amanda, told the bulletin team, *"She set up a GoFundMe page and streamed live performances through Facebook to raise much needed funds for the day centre. She's worked really hard to help other during the pandemic"*.

Well done Shaunie, if you would like to see Shaunie's performance it can be viewed on Ecclefechan Community Project's Facebook page.

Sandra's Sleep Message

One of our regular readers, Sandra from Kirkpatrick Fleming, sent us a picture of this beautifully painted stone she discovered on a recent walk through the village. Sandra said, "I've started taking walks later in the evening to help me sleep better at night. I came across this stone and, it made me smile. I just wanted to say a big thank you to whoever placed the stone with such an apt message and making me smile... and I did in fact sleep better that particular night, so thank you also for the extra zzzz's!"



Your'e Not Alone - Home Schooling

We've received lots of stories from parents and families telling us how they're managing with the new phenomenon of home schooling, often alongside working from home and other commitments. With schools due to return in August with a blended approach of learning in school and at home, we understand some parents are becoming increasingly anxious.



In next week's bulletin, we will share stories with you from families across the region and provide tips and strategies to help through this period of home schooling and please remember you're not alone, this experience is new to us all!

Lets hear from a busy mum, who tells us what home schooling has been like in her household:

"I am a work at home mum normally, running our small business. Lockdown has filled my house/office with one husband, two daughters, one taking third-year university exams, and one trying to finish HNC college work to ensure a place at university in September – plus one daughter's boyfriend who was finishing an engineering dissertation and sitting final year exams – and one P7 son. Thankfully, I only have to home school my son because inorganic chemistry and industrial engineering are beyond me. Home schooling – well I know why teaching was never on my radar, I can't make one pay attention I don't know how teachers make a class of 22 learn! Some bits have gone well: he's thrived with maths outside the class setting – having the time to spend longer at it, on the other hand things he's not fond of art and drama, and they've fallen by the way side. I feel sorry that this year of P7 has not had an official leaving of primary school behind and hope that it does not impact on their journey forward."

Love Your Neighbour

MOOL (Massive Outpouring of Love) is a charity supporting refugees in Dumfries and Galloway. Usually, volunteers help resettled families here with programmes such as befriending and conversational English, as well as running the 'Moving Stories Community Choir', and staffing a depot sending clothes and food to refugees in France. While these activities are temporarily on hold, MOOL still have several projects you can support.

Join their virtual choir to help connect communities by taking the 'Begin with a Grin' challenge at mool.scot/begin-with-a-grin-pledge/

MOOL have collected short messages of support, hope and love to send to resettled families, to show they're still being thought about, even though friendships can't be face-to-face right now. And of course, refugees the world over are still in need, so the charity's keen to highlight that donations for refugees in France can be made at care4calais.org/

Other ways of being apart together include setting up a social distancing connections group, which MOOL call 'sociable isolation'.

You can join at facebook.com/groups/sociableisolation/



And you can also enter MOOL's art competition called 'Hopes for a Post Covid World'. The premise is to depict something better than a return to the old 'normal'. Suggested themes include welcome, kindness and care. View the virtual exhibition at www.mool.scot/hopes-for-a-post-covid-world-art/

Contact MOOL at hello@mool.scot or on Facebook @DGRefugeeAction

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SPOTLIGHT ON:

Health and Wellbeing

As we ease through the stages of lockdown, it's important to keep focused on our health and wellbeing, trying to stay active and look after ourselves physically and mentally.

Some of us may have seen a decline in our physical and mental health, possibly because we've become more sedentary through not going to work, or maybe we've been inactive due to limited outdoor access.

This is an international issue, and the World Health Organisation have published guidance on how to stay physically active during self-quarantine. Here at home, NHS Inform have created a webpage to help you maintain a healthy lifestyle during COVID-19, with an emphasis on activities that can be done at or near home, or in the garden, so you can stick to physical distancing and non-essential travel rules.

While it has tips and advice for everyone, the webpage will be particularly useful to over 70's self-isolating at home, people who are self-isolating due to underlying health conditions, adults working from home, parents juggling childcare, education and work, and children missing their activities.

You can visit the NHS webpage here: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/healthy-living/coronavirus-covid-19-physical-activity>



Public transport

As of yesterday (Monday, 22 June) face coverings will be mandatory on buses, trains, trams, planes, taxis and private hire cabs, as well as enclosed areas on ferries.

Here are some ideas to get you started:

General Population:

Being active can enhance your mood, wellbeing and energy levels by reducing stress, anxiety and depression. Now more than ever, it's important to move.

Any amount of physical activity, however small, is good for you. Short, local walks, jogs or cycles are great ways to clear your head and stay active. Remember to observe physical distancing and stay local. If you need to travel to work, try to build exercise into your commute. Walking, jogging or cycling help you to be more active and get some fresh air and sunlight to boost your vitamin D levels.

Stay active at home by taking the stairs, dancing, gardening, or doing a virtual fitness class. It doesn't matter what you do, as long as you enjoy it, and keep moving.

Those working from home: Be active throughout the day, breaking up the amount of time you spend sitting, by standing and walking around every 30 minutes, or whenever you're on the phone.

Older adults: Break up the amount of time you spend sitting by standing or walking every 30 minutes, or whenever you're on the phone; dancing around your home like no one's watching; performing chores; gardening or doing a few strength and balance exercises throughout the day.

Over 70's and those with underlying health conditions:

There's a risk of becoming less active as we spend more time at home. By building or maintaining your strength and balance you'll find it easier to do daily tasks and move around. Here are some easy exercises that you can do in your home.



Parents and children:

Enjoying active play indoors or outside; taking part in virtual workout, dancing or going for a walk, jog or cycle as



a family are all great ways to improve mood, reduce boredom, stimulate learning and help with parent/guardian and child bonding. Remember to observe physical distancing and stay local when going outside.

Those able to leave the house: As restrictions ease as we move to the second phase of the government's "route map" aimed at ending the lockdown, you can now form "extended household groups"

People who live on their own or only with children under 18 can meet people from one other household. This group of people can visit each other's homes and go inside. They will not have to stay 2 metres (6 feet) apart and can stay overnight.

If someone in an extended group wants to meet another household outside the group, this still has to be done outdoors.

And you can only be a part of one extended household group – you can't switch and start another with a different household. Households with people who are shielding cannot be part of these groups.

What if you're shielding?

Now people who are shielding are able to go outdoors for exercise.

They can also meet one other household, so long as it takes place outdoors with no more than eight people.

Unlike the extended household groups, these people will have to stay 2 metres (6 feet) apart and follow strict hygiene measures even if they live with each other.

The Scottish government has advised them to be "extremely cautious" and to stick to quiet areas.

Summer Wordsearch

S E I L F R E T T U B H N U Z
 U W L M S T Q M B S E G Y U K
 B M C T P H A A L G D P A J S
 O O B H S E O A O C A B D Q D
 G Y U R R A D R X I N A I O O
 W W D C E N C P T X O R L M B
 P Q E C A L Z D W S M B O F V
 U C O S P F L F N Y E E H E S
 I S U N C R E A M A L C D A M
 J V G N I M M I W S S U P G D
 F L O W E R S T G X U E I H C
 T R X A D N R R L O O P C W D
 D C X H A P A L Z C A I N B Y
 O P S A L S Q F L K K V I V Y
 G M S X S R O V S U R B C L T

BARBECUE BUTTERFLIES FLOWERS
 GRASS HOLIDAY ICECREAM
 LEMONADE PICNIC POOL
 SANDALS SANDCASTLE SHORTS
 SUN SUNCREAM SWIMMING
 UMBRELLA

Riddles Answers on back page

1. If two's company, & three's a crowd, what are four & five?
2. If you have it, you want to share it, if you share it, you don't have it. What is it?
3. If you threw a white stone into the Red Sea, what would it become?
4. You find me once in the morning, twice in the afternoon but never in the evening. What am I?
5. A boy goes to the shop and buys one dozen eggs and, as he is going home, all but three break. How many eggs are left unbroken?

Where Am I?



Portpatrick Harbour Lighthouse

This relatively small lighthouse was built in 1893 and is constructed of mainly brick. The lighthouse marks the entrance Portpatrick harbour and is positioned on the south sea wall next to the old harbour building. The lighthouse has been decommissioned (when?) and its light removed. The adjacent light-keeper's cottage now houses the "Lighthouse Pottery".

Word Scramble

Towns in Dumfries and Galloway

Answers on back page

- | | |
|-------------------|----------------------|
| 1. Rarranste | <input type="text"/> |
| 2. ntnetoesrawwt | <input type="text"/> |
| 3. gssrieatg | <input type="text"/> |
| 4. Imokellho | <input type="text"/> |
| 5. kioceerlb | <input type="text"/> |
| 6. baelatdtei | <input type="text"/> |
| 7. iolhtnhrl | <input type="text"/> |
| 8. anann | <input type="text"/> |
| 9. erfisudm | <input type="text"/> |
| 10. asrqahh | <input type="text"/> |
| 11. Itcguaslsoead | <input type="text"/> |
| 12. nloahglm | <input type="text"/> |
| 13. ornkinckle | <input type="text"/> |
| 14. tgaenr | <input type="text"/> |

Key Contacts



National COVID-19 Helpline

0800 111 4000

For people who don't have family or existing community support and can't get online and who are over 70, disabled, require the support of mental health services, are pregnant or receive a flu jab for health reasons, will be directed to our dedicated local team who can offer essential assistance.

NHS24

111

www.nhsinform.scot

Emergency

999

Doctor Out of Hours

111

Dumfries and Galloway Council

030 33 33 3000

www.dumgal.gov.uk/SupportDG

Business Support Helpline

01387 260280

Mon-Fri 9am-5pm

Multi Agency Safeguarding Hub

030 33 33 3001

Social Work Out of Hours

01387 273660

Third Sector Dumfries and Galloway

0300 303 8558

Dumfries and Galloway Citizens Advice Service

0300 303 4321

www.dagcas.org

Samaritans

116 123

SHOUT

Text SHOUT to 85258 for free

Scotland's Domestic Abuse Helpline

0800 027 1234

Age Scotland

0800 12 44 222

Mon-Fri 9am-5pm

Shelter Scotland

0808 800 444

Mon-Fri 9am-5pm

LGBT Helpline Scotland

0300 123 2523

Childline

0800 1111

If you have any positive stories about things that are happening in your community and would like to see them featured in Community – please email us at communitybulletin@dumgal.gov.uk and one of our reporters will get back to you.



If you would like some help understanding this or need it in another format please contact 030 33 33 3000

Word Scramble Answers
1. Stranraer, 2. Newton Stewart, 3. Eastriggs
4. Kelloholm, 5. Lockerbie, 6. Dalbeattie
7. Thornhill, 8. Annan, 9. Dumfries
10. Sanquhar, 11. Castle Douglas, 12. Langholm
13. Kirkconnel, 14. Gretna

Riddle Answers
1. 9, 2. A secret, 3. Wet,
4. The letter O, 5. 3